



TREATMENT TIMES

MAY/JUNE

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What's New!

Hey everyone just giving you an update on What's new at Ironwood. There has been a lot going on.

The downstairs pantry is now a new bathroom. The upstairs apartment is now a boy's bedroom the apartment kitchen is a boy's level three bathroom.

There is a whole new generation up at the farmhouse and so far so good. The new arrivals are Alyssa, Abel, Miranda, Rob, Alex, Sarahanne, Lauren, and Andrew.

There have been some new promotions at the farmhouse to Level Four: JJ, Cale, Ryan Lars, Hillary, and Gill. Lars has been Red for a month and a half. And Rob and Blair have just gotten their promotion papers for Level Four!

We have also received some new animals to add to our Ironwood family: Charley, a potbelly pig, also we have Charity, Etienne, new horses and Kristy has a new horse herself, Wesley.

- Gill and Alyssa



Animal Update!

The animals are doing amazing at the farmhouse! We have dog training every Tuesday with Frances, the dog trainer. Puppet is pregnant and is due August 2nd. Frances says that Puppet will probably have a bunch of puppies this litter. Yay! Petunia has lost a lot of weight and a lot of horses gained it, especially Charity (the new horse we rescued) who needs it. The alpacas were sheared the other day. That was quite a site. Sunshine is doing amazing as usual and couldn't be cuter! Overall, the farmhouse animals are doing well!



Advice from

Sarahanne

Q: Is it normal to feel overwhelmed when you first get up to the Farmhouse?

A: I think mostly everyone who comes up to the Farmhouse has the feeling of being overwhelmed. It is definitely a normal feeling within a few days you will figure out how to manage your time, and get into the hang of things.

Q: What are some ways to deal with that stress?

A: There are many responsibilities and time restrictions to abide by. A way a lot of the farmhouse kids deal with stress is to make a "To-Do list" or a schedule for each week.

Q: What is the best way to deal with losing your color?

A: When you find out you are going to lose your color it is all about how you handle it. Your immediate reaction should not be to freak out. You should accept the consequence no matter how much you may not agree. The consequence will only last as long as you let it. Times will get frustrating, but just keep pushing for what you want, and when staff thinks you're ready, you will get it back.



Resident **Rob** of the

Month

By Andrew



Q: How long have you been at Ironwood?

A: Almost 4 months

Q: What do you contribute to the farmhouse?

A: Smiles and a positive attitude. Does that sound good?

Q: Sure. What's your favorite thing about Ironwood?

A: Umm,... The Farmhouse and pancake Sundays.

Q: How do you like working with horses?

A: It's fun but sometimes it can be scary.

Q: How does it feel to be resident of the month?

A: An honor and a privilege.

Q: Do you feel like you've taught something to Ironwood?

A; To always be positive and to some, be a leader.



Q: How long have you been working here?

A: Seven Months

Q: Who is your favorite animal?

A: Moxie

Q: How did you find Ironwood?

A: Plessner Family

Q: What's your favorite color?

A: Pink

Q: Do you like the animals?

A: yes

Q: Who is your favorite horse?

A: Tonka

Q: How do you like working here?

A: I love my job a lot.

Staff of the month



By Andy



Ronanne

Ethnic Nights—Rob

Since I have been up to the farmhouse I have attended a couple ethnic nights. These include most recently Alyssa's and she did Madagascar. We had some type of beef and carrots with a green bean stew and fruit with nuts. We sat on the ground around two folding tables with big leaves hanging around and pictures of zebras and lions hung up. Blair also had his Ethnic Night a couple of weeks ago. He had an Egyptian theme night. We had steak in some sort of sauce and we had an amazing raspberry drink. For his ethnic night we also sat on the ground. The most recent ethnic night coming up is mine and Nick's. We are having Australia night which should be fun because it has never been done before. We are having Chicken wrapped in bacon with cheese, zucchini and a berry cobbler. Ethnic nights are definitely a highlight at the farmhouse!

Cooking with Joey

Summer is here and we have the grill fired up! Our menu for May and June has been nutritious and delicious. Grilled chicken tostadas were a huge hit along with Sunday hamburgers and the occasional steak.

Our breakfast menu has been given a little "pick me up" with the addition of strawberry and vanilla yogurt. Breakfast usually consists of cereal choices of Healthy Hearts, granola, or grape nuts. On Saturday we get eggs with toast and ham. Of course Sunday is "pancake day"! With our home-made maple syrup.

Lunch (my personal favorite) has been consisting of chef salads and or hot and/or cold sandwiches.

Dinner has been exciting filled with new recipes. Erin (one of the best staff members) has really out done herself with the menu. Cooking in the kitchen has been better than ever in the past couple months.

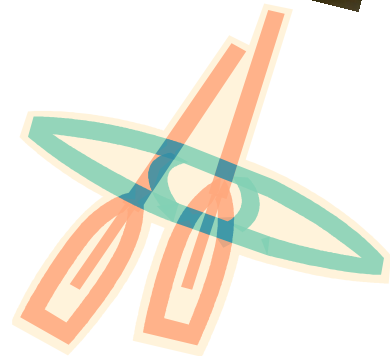


* A note from the editor: Rob and Nick's ethnic night was a hit and very tasty

Field Trips

By Ian

Some of the field trips we have gone on were golfing, a schooner ride, Kellie's son's movie show, White Water rafting, Kayaking, and to a Portland Seadogs baseball game. All trips were awesome and we had a blast!



Farm House Music

By Nick

The Farm house is full of musical talent . The music group we have is basically where we practice songs to perform for parent weekend. At the last parent weekend we performed “Jack and Diane” by John Melloncamp, “Three Little Birds” by Bob Marley, and a few other great songs. We were also recently filmed playing “Lean on me” by Bill Withers, for the Ironwood website. It was a lot of fun.



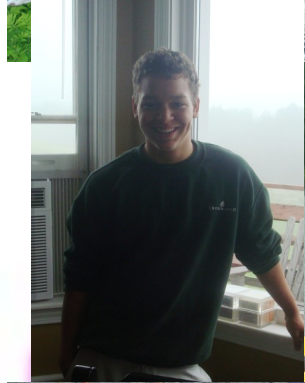
Garden

By Lars

When it comes to gardening the residents at the Farmhouse have worked very hard. We have spent the past three months making sure that our garden is the prime spot to grow all our vegetables and herbs. In April, we tilled the soil, picked and up-rooted all the weeds and made beds in order to plant all the vegetables. Our long list of veggies includes broccoli, kale, tomatoes, onions, potatoes, leeks, basil, peas, squash, cucumbers, carrots and cabbage of all different colors, shapes and sizes. We have just started to use some of the plants. For food, and it is expected that we will be able to harvest the plants until October.



Pictures



Journey To The Farmhouse !

Alex

My journey to the farmhouse was very interesting. When I first got here I had no idea why I was here. Then when I was on impact I pretty much figured out why I was here. I had a really bumpy road down at Frye. I made some pretty huge mistakes, but if I hadn't made those mistakes I never would have learned what I know now. I got my purple after 56 days. I lost my purple once and after that happened I focused on the farmhouse. I was purple for about a month and then I got my papers from Bill. I was so happy that day. A week later on Thursday I was on my way up the graduation trail and into the farmhouse.



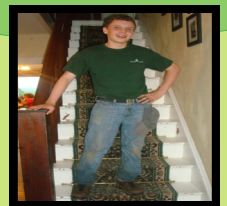
Abel

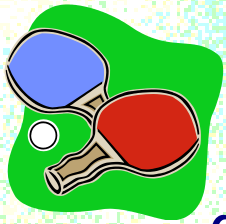


It was Thursday, which meant Treatment Team, and it was my time to present and move up to the farmhouse. I really did not get a lot done in school that day, but Don (my therapist) came and got me and took me to the Admin building to read my speech to the therapists and managers. I was very nervous, but once I was done presenting, I felt great. I knew it would only be a matter of time before I would go up to the farm. After I got back from presenting it was just another day at Frye. We had lunch then sawed wood. It was right before dinner when Jessica came up to me and told me to pack my things. I was so excited, I got my things together and said my goodbyes. Then I was on my way up the graduation trail. The trail was wet and muddy but I found my way up. On the way up, so many thoughts were running through my head. I had spent 5 months at Frye, but finally I was on my way up to the farmhouse. I was so excited. What was the farmhouse going to be like? But anyways I go to the top of the trail and my bag ripped and my stuff was all over the ground. I picked it all up and carried my stuff up the rest of the way. People were yelling and I felt so happy. Andy came down and said, "Hey, welcome. I'm going to be your mentor." Well that's about all. It was definitely a whole lot different then Frye but I have adjusted, and I'm doing well and I'm working on getting to the next level!

Andrew

I went up to the farmhouse on day 79 and I got my purple on day 37. I got my papers though on day 66. My therapist, Don, wanted to challenge me a little more and make me wait the extra week to go up. At first I was bummed by this decision, but after the first week, I began to realize how it was benefiting me. Now I see that it made this transition easier. My walk up the trail finally came at the end of those two weeks and it was so fulfilling. I really feel like I'm fitting in up here and that I will do good. That's my journey (so far) and the rest of it is yet to come.





Garage Fun



At The farmhouse there are a number of things to do for us to enjoy ourselves during free time. Level threes can go outside and play kickball or play catch with a football or Frisbee. Other residents may choose to play a musical instrument. If the weather is bad we can stay inside and listen to some of the residents play guitar while playing cards or a board game. The level fours are allowed to go to the garage for free time during the week. This involves pool, ping-pong, playing guitars, or just hanging out maybe even working on the mural for Art. On Sundays everybody usually goes over to the garage and plays pool, hits the punching bag or has an intense game of ping-pong, while some of the residents are playing guitar.



GRADUATIONS AND BIRTHDAYS

We have had a lot of graduations and birthdays in the last two months, Kelsey, Jules, Adam, Alex, Fiona, Steph, Marissa, Trevor, and Sam have all graduated during the last two months. We've had a number of birthdays as well, Lauren turned 15, Sarahanne turned 17, Nick turned 17, Gill turned 17, Sam turned 17, and Andrew turned 17 and I turned 15. "People come and go and people grow up, all good experiences in life!"



Good Luck

We miss you

Home Visits

Ryan

When I first was about to go on my home visit, I was expecting it to be so much fun. But when I got there, it wasn't really about having fun. It was about bettering the relationship with my family and friends. Like I had to let go of some of my friends because they weren't making the best decisions. This was one of the hardest things because they were my friends and I realized that I couldn't hang out with them anymore. Some things to expect on your home visit is that you must spend time with your family and friends not just your friends. One of the hardest things was that my best friend didn't want to hang out with me anymore because it was too much time away from each other. It just shows you who really cares about you. You have to prove to your parents that you are ready to go home. The hardest thing for me was the addictions, they are still around and will be. And you can't make them go away I used Hackie-sack when I would usually use some cigarettes. I realized that I don't need them anymore.



Well I went on my home visit on the first and I woke up at 4:30, got to the airport at 7. But when I was about to board my plane, it got canceled. So they put me on another flight. When I got to Philly, I only had 15 minutes to board on my next plane. So I had to go to one end of the airport to the other and I just made it. But then they told me it was canceled. So they gave me another flight. But it got laid over three times and I wound up going with my sister's boyfriend to Cherry Hill New Jersey while my mom and sister drove from Scranton to New Jersey by Philly to pick me up. So instead of getting home at 2 in the afternoon, I got home at 3 in the morning the next day. So while I was on my home visit, I hung out with my entire family and celebrated Fourth of July. I played baseball and went fishing. I also saw some fireworks and a new movie, I listened to a lot of new music and ate some good food. I got a lesson done in school and I had an interview with a boarding school and got accepted. So all and all it went really well and it was great being home.

Cale



Barn

Business



Barn Business
By Miranda



Charity "Before Photo"

We have "3" new horses and they are great. We have a female horse named Charity. Kristy rescued her from a horse owner from Northern Maine. She is underweight and her teeth are not the best of shape. But luckily we are giving her a new life and a second chance. She is doing a lot better.

The second horse that we got is Etienne, she is chestnut that looks like Caz. She is a little bigger but she is in great shape. A couple of residents rode her already and they said she was great. The third horse came in last night. His name is Wes. He is 17.2 hands. He is huge!

Interview with Kristy **By Lauren**

Q: How long have you been barn manager?

A: A year.

Q: How many horses are currently in the barn?

A: There are 11 horses and three minis and one pony Justin.

Q: What made you want to rescue Charity?

A: I felt really bad for her because I saw her picture on Craig's list and I thought we could help her. She is doing much better and she is excited to see her food come everyday and she has a great personality. Now she has enough weight that she can have a bath and we can start conditioning her.



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Q: How are the new horses, Wes and Etienne?

A: Wes is starting to settle in and make friends with the other horses, he never really had the opportunity to be a horse before so he is enjoying playing in the mud and with other horses.



Sunshine

Art and Mural Update

By J.J.

A lot has been going on with the mural lately. Lars has done a wonderful buddha piece. Miranda is finishing up past graduate, Alex's mural of the city and she is also painting a huge rock for in front of the sugar shack. Gill is finishing up past graduate, Fiona's mural of an octopus with Nike sneakers. Alyssa is doing a bunch of handprints on the mural and Blair is painting two horses which looks really neat ! Andy is doing a "Flower Power" mural as well. If this keeps up, the whole upstairs of the garage will look amazing !!



From the Editors

Gillian



Hey! I'm Gillian. I'm 17 years old from South Jersey. I have been at Ironwood for a total of 8 months. My favorite thing to do here is ride and my favorite dog is definitely Mally, Moxie's daughter. Doing the Treatment Times was both a learning and fun experience. Although my co-editor, Alyssa, and I have had some struggles through the process, whether we didn't agree on a page or something of the sort, we made it through and we both couldn't be happier with the outcome. I couldn't of done it without her! We came up with a few things different than the other treatment times, such as 'Barn Business'. We thought that we could write some things about the barn because there's always so much going on in it... not to mention we have twenty-something people up here right now! Thanks for reading !!



Alyssa

Well I first off want to thank everyone who made the articles, you guys did a great job and you really have made my job a lot of fun, I couldn't do this without you. A special thanks to Gill my co-editor, she worked really hard and did a lot.

I hope you enjoyed this newsletter. I had a lot of fun working on it.

I'm seventeen years old from Mass. I love the animals here and the kids are great kids. I hope we all had fun working on this.

Thanks for reading!

Alyssa